



PHYSICIANS QUALITY CARE

# Your Healthy Workplace

A Monthly Newsletter  
February 2020

## Expanded OCCMed clinic will provide more convenient and efficient care

Employees injured on the job and those needing drug screens and physicals or other medical care in our OCCMed clinic in Jackson will soon reap the benefits of our expanded OCCMed facilities.

### You're invited ...

... to partner with Physicians Quality Care OCCMed for your occupational health needs. Email Jennifer Carmack, OCCMed director, at [Jennifer@physiciansqualitycare.com](mailto:Jennifer@physiciansqualitycare.com).

will showcase the expert care given by our providers, Carmack said. "They understand the importance of assessing injuries, doing tests and treating em-

ployees efficiently and with compassionate care. They understand the importance of completing any necessary paperwork quickly."

Workers comp patients leave with completed paperwork, for example. And, our dedicated workers comp nurse will reach out to your safety manager or third-party administrator to make sure your employee gets the best care possible.

"We like to tour each workplace so we better understand the type of work and work environment," Carmack said. "Now, we're looking forward to giving employers tours of our new facility so that you better understand the quality of care we give your employees."

The 4,000-square-foot expansion, with an expected completion date in April, will make employee visits to our clinic much more convenient, said Jennifer Carmack, OCCMed Director.

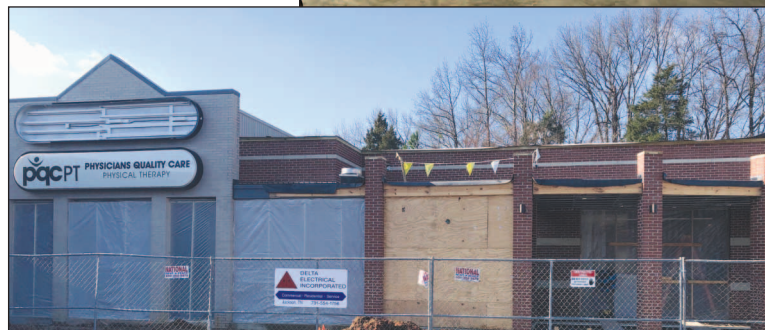
Workers needing physicals, for example, will be seen in dedicated exam rooms, which will make their time in the clinic more efficient and shorten their time away from work.

OCCMed patients will continue to have a separate entrance so they won't come in contact with sick patients in our urgent care clinic.

Work on the expansion is progressing. Walls are up; rooms are being painted; lighting is installed. Outside, the larger parking area will be paved as the weather warms.

The expansion is also creating more space for Physicians Quality Care primary care and physical therapy patients. The portico and reconstruction of their separate entrance is nearly done.

The uniqueness of the new OCCMed facility



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Clinic Hours: 7 a.m. – 9 p.m. Monday to Friday  
On-site Services: Available 24/7 by arrangement  
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## These three stretching exercises can be done at your desk

If employees are not taking regular breaks to move around during the workday, their muscles may rebel after being scrunched in their desk chairs hour after hour.

The rebellion might be felt in the neck, shoulders, back, hips and legs when they do finally stand up. These three simple stretching exercises can be done without even leaving the workstation or office every two to three hours.

► **The lateral lean:** Stand up straight; clasp your hands behind your head. Turn your head toward your left elbow and then lean your torso in the same plane to the right — don't bend forward or backward. Hold the stretch for 30 seconds.

Physicians Quality Care physical therapists can develop pre-shift stretching and flexibility programs designed for your workplace. Done before work begins, these exercises will help prevent workplace injuries. Contact us at 731-984-8400 or PT@physiciansqualitycare.com.

Repeat the stretch to the opposite side.

► **Standing hip flexor.** Lightly place your left hand on your desk for balance and bend your right knee, bringing your right foot behind you toward your right glute. Grip the right ankle with your right hand to gently press the heel toward your butt. Contract both sides of your glutes and

keep your knees close together and your spine straight. Hold for 30 seconds and then repeat with the left leg.

► **Open and closed upper body stretch.**

From a standing position, hinge forward from the waist, letting your arms hang toward the floor. Take deep breaths and slowly stand up straight as you move your arms out to the sides in line with your shoulders. Rotate your thumbs backwards with your palms facing the ceiling. Think of bringing your thumbs together behind you as you open your upper chest toward the ceiling. Hold for 30 seconds and repeat up to four times. *Source: HealthDay News*



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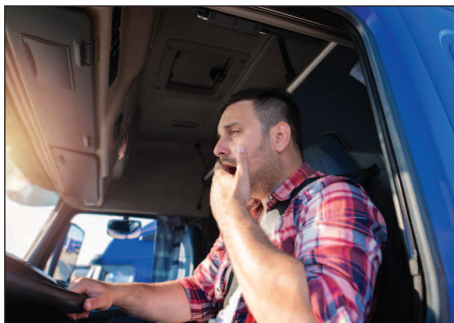
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## Lack of sleep for critical workers increasing

More than one-third of working Americans don't get enough sleep, and the problem is greatest among the police, the military, health care workers and truckers, researchers report.

Their analysis of data from more than 150,000 employed adults between 2010 and 2018 also found that the rate of inadequate sleep (seven hours or less) rose from about 31% to nearly 36% during that time.

"Inadequate sleep is associated with mild to severe physical and mental health problems, in-



jury, loss of productivity, and premature mortality," said one of the researchers at Ball State University in Indiana.

The lack of sleep in these professions impacts others, he said. "We all suffer when our bus and truck drivers, doctors, and nurses are sleep deprived."

The lack of sleep has many causes, including changes in the workplace, Americans working longer hours, workplace stress, and the use of technology and electronic devices at night.

*Source: HealthDay News*

## We speak OSHA!

To help you comply with OSHA, we offer ...

- On-site CAOHC-certified audiometry in our mobile unit
- DOT, non-DOT & hair follicle drug screening
- Breath- & blood-alcohol testing
- Health fairs
- DOT, wellness & pre-employment physicals
- Strength & agility testing
- NIOSH-approved pulmonary function testing
- Respirator-fit testing & respirator medical evaluations
- Heavy-metal testing
- Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- Nerve conduction studies
- X-rays & EKGs